



MERCED

EXTENSION TRIANGLE
COMMUNITY CONNECTORS



Weekly on Tuesdays and Thursdays, 10:00 a.m. – 12:00 p.m.

Meet Your Neighbors, Exercise, and Have Fun!

Always Active Senior Exercise Class 10:00 – 11:00 a.m.

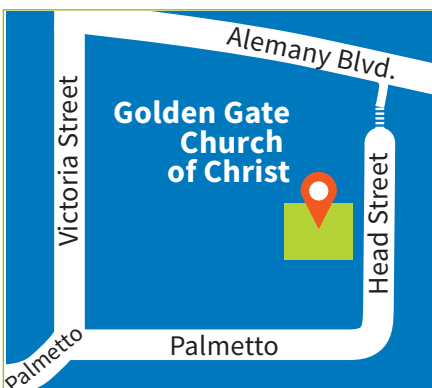
Cardio, Strength Training, Flexibility & Balance

Snacks, Tea, Gardening **11:00 a.m. – 12:00 p.m.**



Aging and Thriving Together Exercise and stay fit while building a network of supportive neighbors and friends. METCC is funded through Community Living Campaign, Supervisor Norman Yee's Office, and the SF Department of Disability and Aging Services (DAS). Always Active™ is also partially funded by 30th Street Senior Center/OnLok and DAS.

Meet at Golden Gate Church of Christ



201 Head Street
SF 94112

For information:


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www.SFcommunityliving.org

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